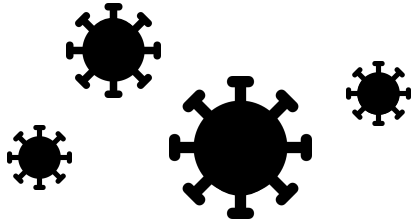


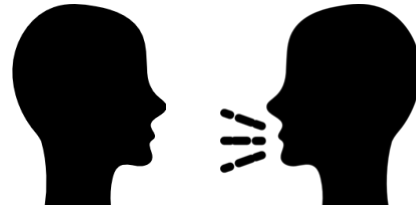
Respiratory Syncytial Virus Infection (RSV)



Fact Sheet



RSV is a respiratory illness caused by a virus. The virus infects the nose, throat, and lungs.



RSV spreads from person to person in droplets of coughs and sneezes. You can also get RSV from touching a contaminated surface and then touching your own mouth or nose before washing your hands.

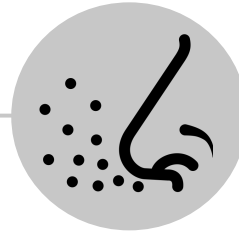
Signs and Symptoms



Fever



Coughing



Sneezing



Sore Throat

- Symptoms may also include sore throat, runny or stuffy nose, and wheezing.
- In very young infants breathing problems, fussiness, and low activity may be the only symptoms.
- In more severe cases, RSV can cause upper and lower lung infections, pneumonia, and difficulty breathing.

Symptoms show about four to six days after being exposed to the RSV virus. People are usually contagious for three to eight days. Most RSV infections go away on their own in a week or two.

Prevention



- Vaccines are available for older adults who may be at higher risk of severe symptoms
- Pregnant people can get a vaccine between 32-36 weeks of pregnancy during RSV season
- Immunizations are available to protect infants and toddlers



- Wash hands with soap often
- Do not share eating utensils
- Cover your coughs and sneezes
- Avoid close contact with others if they are sick.

For More Information, Visit:



1. www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/rsv.shtml
2. www.cdc.gov/rsv

You can also call Maine CDC at 1-800-821-5821.